

WEEK 1

POWERBUILDING

3.0

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 4	DEADLIFT	4	1	4	85%	8-9	3-5MIN					BRACE YOUR LATS, CHEST TALL, PULL THE SLACK OUT OF THE BAR BEFORE LIFTING
	PAUSE DEADLIFT	0	2	4	67.5%	7	2-4MIN					1 SECOND PAUSE RIGHT AFTER PLATES LEAVE THE FLOOR
	DUMBBELL LATERAL RAISE	0	4	15-20	N/A	9	1-2MIN					FOCUS ON CONTRACTING YOUR DELTS TO MOVE THE WEIGHT, DON'T LET FORM GET SLOPPY TOWARD THE END OF THE SET!
	BAND PULL-APART	1	4	15-20	N/A	9	1-2MIN					MIND-MUSCLE CONNECTION WITH REAR DELTS
	CABLE PULLOVER	1	3	15-20	N/A	7	1-2MIN					USE BANDS IF NO CABLES. KEEP CONSTANT TENSION ON THE LATS. BIG STRETCH AT THE TOP BY LEANING SLIGHTLY FORWARD.
	HAMMER CURL	1	4	8-10	N/A	9	1-2MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE DUMBBELL HANDLE HARD!

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 5	BACK SQUAT	4	4	6	70%	7-8	3-5MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	BARBELL BENCH PRESS	4	4	6	72.5%	7-8	3-5MIN					SET UP A COMFORTABLE ARCH, QUICK PAUSE ON CHEST AND EXPLODE UP ON EACH REP
	HELMS ROW	1	3	10-12	N/A	8	2-3MIN					BE MINDFUL OF LOWER BACK FATGIUE, STAY LIGHT AND MINIMIZE CHEATING
	HIP ABDUCTION	0	3	12-15	N/A	8	1-2MIN					MACHINE, BAND OR WEIGHTED, SQUEEZE AND HOLD FOR 1 SECOND AT THE TOP OF EACH REP

REST DAY

WEEK 2

POWERBUILDING

3.0

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 4	DEADLIFT	4	1	2	90%	8-9	3-5MIN					BRACE YOUR LATS, CHEST TALL, PULL THE SLACK OUT OF THE BAR BEFORE LIFTING
	TOUCH-AND-GO DEADLIFT	0	2	8	65-70%	7	2-4MIN					DON'T BOUNCE THE PLATES OFF THE FLOOR, JUST A LIGHT TAP. ALLOW SOME MOMENTUM AND GET IN A GOOD GROOVE. BREATHE/BRACE AT THE TOP.
	DUMBBELL LATERAL RAISE	0	4	15-20	N/A	9	1-2MIN					FOCUS ON CONTRACTING YOUR DELTS TO MOVE THE WEIGHT, DON'T LET FORM GET SLOPPY TOWARD THE END OF THE SET!
	BAND PULL-APART	1	4	15-20	N/A	9	1-2MIN					MIND-MUSCLE CONNECTION WITH REAR DELTS
	CABLE PULLOVER	1	3	15-20	N/A	7	1-2MIN					USE BANDS IF NO CABLES. KEEP CONSTANT TENSION ON THE LATS. BIG STRETCH AT THE TOP BY LEANING SLIGHTLY FORWARD.
	HAMMER CURL	1	4	8-10	N/A	9	1-2MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE DUMBBELL HANDLE HARD!

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 5	BACK SQUAT	4	3	6	72.5%	7-8	3-5MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	BARBELL BENCH PRESS	4	3	6	75%	7-8	3-5MIN					SET UP A COMFORTABLE ARCH, QUICK PAUSE ON CHEST AND EXPLODE UP ON EACH REP
	HELMS ROW	1	3	10-12	N/A	8	2-3MIN					BE MINDFUL OF LOWER BACK FATGIUE, STAY LIGHT AND MINIMIZE CHEATING
	HIP ABDUCTION	0	3	12-15	N/A	8	1-2MIN					MACHINE, BAND OR WEIGHTED, SQUEEZE AND HOLD FOR 1 SECOND AT THE TOP OF EACH REP

REST DAY

WEEK 3

POWERBUILDING

3.0

WEEK 4

POWERBUILDING

3.0

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 4	DEADLIFT	4	1	1	92.5-95%	8-9	3-5MIN					BRACE YOUR LATS, CHEST TALL, PULL THE SLACK OUT OF THE BAR BEFORE LIFTING
	TOUCH-AND-GO DEADLIFT	0	2	8	65-75%	7	2-4MIN					1 SECOND PAUSE RIGHT AFTER PLATES LEAVE THE FLOOR
	DUMBBELL LATERAL RAISE	0	4	15-20	N/A	9	1-2MIN					FOCUS ON CONTRACTING YOUR DELTS TO MOVE THE WEIGHT, DON'T LET FORM GET SLOPPY TOWARD THE END OF THE SET!
	BAND PULL-APART	1	4	15-20	N/A	9	1-2MIN					MIND-MUSCLE CONNECTION WITH REAR DELTS
	CABLE PULLOVER	1	3	15-20	N/A	7	1-2MIN					USE BANDS IF NO CABLES. KEEP CONSTANT TENSION ON THE LATS. BIG STRETCH AT THE TOP BY LEANING SLIGHTLY FORWARD.
	HAMMER CURL	1	4	8-10	N/A	9	1-2MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE DUMBBELL HANDLE HARD!

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 5	BACK SQUAT	4	2	6	77.5%	7-8	3-5MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	BARBELL BENCH PRESS	4	1	6	80%	7-8	3-5MIN					SET UP A COMFORTABLE ARCH, QUICK PAUSE ON CHEST AND EXPLODE UP ON EACH REP
	HELMS ROW	1	3	10-12	N/A	8	2-3MIN					BE MINDFUL OF LOWER BACK FATGIUE, STAY LIGHT AND MINIMIZE CHEATING
	HIP ABDUCTION	0	3	12-15	N/A	8	1-2MIN					MACHINE, BAND OR WEIGHTED, SQUEEZE AND HOLD FOR 1 SECOND AT THE TOP OF EACH REP

REST DAY

WEEK 5

POWERBUILDING

3.0

WEEK 5	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 4	DEADLIFT	4	1	3	85%	7-8	3-5MIN					BRACE YOUR LATS, CHEST TALL, PULL THE SLACK OUT OF THE BAR BEFORE LIFTING
	PAUSE DEADLIFT	0	2	4	67.5%	7	2-4MIN					1 SECOND PAUSE RIGHT AFTER PLATES LEAVE THE FLOOR
	DUMBBELL LATERAL RAISE	0	3	15-20	N/A	9	1-2MIN					FOCUS ON CONTRACTING YOUR DELTS TO MOVE THE WEIGHT, DON'T LET FORM GET SLOPPY TOWARD THE END OF THE SET!
	BAND PULL-APART	1	3	15-20	N/A	9	1-2MIN					MIND-MUSCLE CONNECTION WITH REAR DELTS
	CABLE PULLOVER	1	3	15-20	N/A	7	1-2MIN					USE BANDS IF NO CABLES. KEEP CONSTANT TENSION ON THE LATS. BIG STRETCH AT THE TOP BY LEANING SLIGHTLY FORWARD.
	HAMMER CURL	1	3	8-10	N/A	9	1-2MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE DUMBBELL HANDLE HARD!

WEEK 5	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 5	BACK SQUAT	4	2	6	70%	7-8	3-5MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	BARBELL BENCH PRESS	4	2	6	72.5%	7-8	3-5MIN					SET UP A COMFORTABLE ARCH, QUICK PAUSE ON CHEST AND EXPLODE UP ON EACH REP
	HELMS ROW	1	3	10-12	N/A	8	2-3MIN					BE MINDFUL OF LOWER BACK FATGIUE, STAY LIGHT AND MINIMIZE CHEATING
	HIP ABDUCTION	0	3	12-15	N/A	8	1-2MIN					MACHINE, BAND OR WEIGHTED, SQUEEZE AND HOLD FOR 1 SECOND AT THE TOP OF EACH REP

REST DAY

WEEK 6

POWERBUILDING

3.0

WEEK 6	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 4	DEADLIFT	4	1	2	92.5-95%	8-9	3-5MIN					BRACE YOUR LATS, CHEST TALL, PULL THE SLACK OUT OF THE BAR BEFORE LIFTING
	TOUCH-AND-GO DEADLIFT	0	2	8	65-75%	7	2-4MIN					1 SECOND PAUSE RIGHT AFTER PLATES LEAVE THE FLOOR
	DUMBBELL LATERAL RAISE	0	3	15-20	N/A	9	1-2MIN					FOCUS ON CONTRACTING YOUR DELTS TO MOVE THE WEIGHT, DON'T LET FORM GET SLOPPY TOWARD THE END OF THE SET!
	BAND PULL-APART	1	3	15-20	N/A	9	1-2MIN					MIND-MUSCLE CONNECTION WITH REAR DELTS
	CABLE PULLOVER	1	2	15-20	N/A	7	1-2MIN					USE BANDS IF NO CABLES. KEEP CONSTANT TENSION ON THE LATS. BIG STRETCH AT THE TOP BY LEANING SLIGHTLY FORWARD.
	HAMMER CURL	1	3	8-10	N/A	9	1-2MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE DUMBBELL HANDLE HARD!

WEEK 6	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 5	BACK SQUAT	4	3	4	77.5%	7-8	3-5MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	BARBELL BENCH PRESS	4	3	5	77.5%	7-8	3-5MIN					SET UP A COMFORTABLE ARCH, QUICK PAUSE ON CHEST AND EXPLODE UP ON EACH REP
	HELMS ROW	1	2	10-12	N/A	8	2-3MIN					BE MINDFUL OF LOWER BACK FATGIUE, STAY LIGHT AND MINIMIZE CHEATING
	HIP ABDUCTION	0	2	12-15	N/A	8	1-2MIN					MACHINE, BAND OR WEIGHTED, SQUEEZE AND HOLD FOR 1 SECOND AT THE TOP OF EACH REP

REST DAY

WEEK 7

POWERBUILDING

3.0

WEEK 8

POWERBUILDING

3.0

WEEK 9

POWERBUILDING

3.0

TAPER WEEK - LOCK IN TECHNIQUE AND PRIORITIZE RECOVERY WITH LOWER VOLUME												
WEEK 9	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1	BACK SQUAT	4	1	1	90%	~7-8	3-5MIN					TRY TO MOVE THE BAR AS EXPLOSIVELY AS POSSIBLE ON THE POSITIVE. APPROACH WITH CONFIDENCE. TECHNIQUE LOCKED. DON'T OVERHYPE.
	STRICT BENCH PRESS	4	1	4	75%	5-6	3-5MIN					MAKE EVERY REP LOOK EXACTLY THE SAME. 1 SECOND PAUSE ON EACH REP.
	RESET DEADLIFT	4	2	3	65%	4-5	3-5MIN					STAND UP AND SET UP AGAIN IN BETWEEN EACH REP. THINK OF EACH SET AS 3 SEPARATE SINGLES.
	CHEST-SUPPORTED ROW	1	4	6-8	N/A	8	1-2MIN					CAN USE MACHINE OR BRACE AGAINST BENCH. MINIMIZE CHEATING.

REST DAY

WEEK 9	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 2	DEADLIFT	4	1	1	90%	~7-8	3-5MIN					TRY TO MOVE THE BAR AS EXPLOSIVELY AS POSSIBLE ON THE POSITIVE. APPROACH WITH CONFIDENCE. TECHNIQUE LOCKED. DON'T OVERHYPE.
	BARBELL OVERHEAD PRESS	3	2	8	70%	6	2-3MIN					THESE ARE INTENTIONALLY LIGHT FOR SHOULDER STABILITY AND BALANCE. DON'T PUSH THESE HARD. BIG BENCH DAY NEXT.
	ANDERSON SQUAT	3	2	5	N/A	5	2-4MIN					THIS IS A PIN SQUAT THAT STARTS AND ENDS WITH THE BAR ON THE PINS. AT THE BOTTOM YOU'RE JUST ABOVE PARALLEL. GET TIGHT.
	BARBELL (OR EZ-BAR) STRICT CURL	1	4	6-8	N/A	6	1-2MIN					LEAN AGAINST WALL AND MAINTAIN WALL CONTACT WITH HEAD, HIPS AND BACK. KEEP ELBOWS PINNED AT SIDES. CONTROL THE WEIGHT.

REST DAY

WEEK 9	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3	STRICT BENCH PRESS	4	1	1	92.5%	~8-9	3-5MIN					TRY TO MOVE THE BAR AS EXPLOSIVELY AS POSSIBLE ON THE POSITIVE. APPROACH WITH CONFIDENCE. TECHNIQUE LOCKED. DON'T OVERHYPE.
	BACK SQUAT	4	2	5	75%	5-6	3-5MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	SEATED LEG CURL	1	4	6-8	N/A	10	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT
	SEATED FACE PULL	0	4	12-15	N/A	10	1-2MIN					DON'T GO TOO HEAVY, FOCUS ON MIND-MUSCLE CONNECTION

2 REST DAYS

IMPORTANT NOTES ABOUT WEEK 10

IF YOU ARE NOT FEELING WELL RECOVERED AFTER COMPLETING WEEK 9 (ACHY JOINTS, POOR SLEEP, LOW ENERGY) TAKE AN EXTRA REST DAY OR TWO BEFORE RUNNING WEEK 10.

- ALWAYS USE A GOOD SPOTTER WHEN ATTEMPTING MAX EFFORT LIFTS
- ALWAYS USE SAFETY BARS ON SQUAT AND BENCH PRESS (IN CASE YOU HAVE TO DUMP THE BAR)
- DO NOT TEST MAXES IF YOU ARE FEELING JOINT PAIN
- DO NOT TEST MAXES IF YOU DO NOT FEEL PROPERLY RECOVERED
- DO NOT TEST MAXES IF YOU DO NOT HAVE A GOOD SPOTTER
- MAXES SHOULD BE DONE AT A 9.5-10 RPE: IT IS NOT NECESSARY TO PUSH TO THE POINT WHERE YOU ACTUALLY FAIL. I RECOMMEND STOPPING AT THE POINT WHERE YOU DON'T THINK YOU COULD GET ANOTHER REP WITH GOOD FORM.

WHAT WEEK TO RUN?

- RUN WEEK 10A ONLY IF YOU HAVE COMPETITIVE POWERLIFTING GOALS
- RUN WEEK 10B IF YOU HAVE MOSTLY BODYBUILDING AND GENERAL STRENGTH GOALS

WEEK 10A

POWERBUILDING

3.0

MAX TESTING OPTION A: IMPORTANT! CHOOSE EITHER WEEK 10A OR WEEK 10B. DO NOT RUN BOTH WEEKS. SEE ABOVE FOR SUGGESTIONS ON WHICH WEEK TO RUN.												
WEEK 10A	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
SQUAT TEST:	BACK SQUAT	5	1+	1	100-105%	9.5-10	4-6MIN					AIM FOR A NEW PR. START WITH 100% AND INCREASE BY ~2.5% EVERY ATTEMPT UNTIL YOU HIT A 9.5-10 RPE. USE A SPOTTER AND GOOD FORM!
	LEG CURL	1	2	10	N/A	7	1-2MIN					CAN BE SEATED OR LYING. FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT
	DUMBBELL LATERAL RAISE	1	2	15-20	N/A	7	1-2MIN					FOCUS ON CONTRACTING YOUR DELTS TO MOVE THE WEIGHT, DON'T LET FORM GET SLOPPY TOWARD THE END OF THE SET!

REST DAY

WEEK 10A	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
BENCH TEST:	BARBELL BENCH PRESS	5	1+	1	100-105%	9.5-10	4-6MIN					AIM FOR A NEW PR. START WITH 100% AND INCREASE BY ~2.5% EVERY ATTEMPT UNTIL YOU HIT A 9.5-10 RPE. USE A SPOTTER AND GOOD FORM!
	BARBELL (OR EZ-BAR) STRICT CURL	3	1	3	N/A	10	1-2MIN					LEAN AGAINST WALL AND MAINTAIN WALL CONTACT WITH HEAD, HIPS AND BACK. KEEP ELBOWS PINNED AT SIDES. CONTROL THE WEIGHT.
	BARBELL OVERHEAD PRESS	1	2	5	N/A	7	2-3MIN					PRESS UP AND BACK OVERHEAD, SLIGHT PAUSE ON THE CHEST ON EACH REP

REST DAY

WEEK 10A	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
DEADLIFT TEST:	DEADLIFT	5	1+	1	100-105%	9.5-10	4-6MIN					AIM FOR A NEW PR. START WITH 100% AND INCREASE BY ~2.5% EVERY ATTEMPT UNTIL YOU HIT A 9.5-10 RPE. USE A SPOTTER AND GOOD FORM!
	CHEST-SUPPORTED ROW	1	3	10-12	N/A	7	1-2MIN					CAN USE MACHINE OR BRACE AGAINST BENCH. MINIMIZE CHEATING.
	DUMBBELL SKULL CRUSHER	1	2	12-15	N/A	7	1-2MIN					ARC THE DUMBBELLS BEHIND YOUR HEAD. CONSTANT TENSION ON TRICEPS

REST DAY

WEEK 10B

POWERBUILDING

3.0

MAX TESTING OPTION B: IMPORTANT! CHOOSE EITHER WEEK 10A OR WEEK 10B. DO NOT RUN BOTH WEEKS. SEE ABOVE FOR SUGGESTIONS ON WHICH WEEK TO RUN.

WEEK 10B	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
SQUAT TEST:	BACK SQUAT	5	1	AMRAP	90%	9.5-10	4-6MIN					AS MANY REPS AS POSSIBLE. ALWAYS USE A SPOTTER AND GOOD FORM. AIM TO HIT 3-5 REPS
	LEG CURL	1	2	10	N/A	7	1-2MIN					CAN BE SEATED OR LYING. FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT
	DUMBBELL LATERAL RAISE	1	2	15-20	N/A	7	1-2MIN					FOCUS ON CONTRACTING YOUR DELTS TO MOVE THE WEIGHT

REST DAY

WEEK 10B	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
BENCH TEST:	BARBELL BENCH PRESS	5	1	AMRAP	90%	9.5-10	4-6MIN					AS MANY REPS AS POSSIBLE. ALWAYS USE A SPOTTER AND GOOD FORM. AIM TO HIT 3-5 REPS
	BARBELL (OR EZ-BAR) STRICT CURL	3	1	3	N/A	10	1-2MIN					LEAN AGAINST WALL AND MAINTAIN WALL CONTACT WITH HEAD, HIPS AND BACK. KEEP ELBOWS PINNED AT SIDES. CONTROL THE WEIGHT.
	BARBELL OVERHEAD PRESS	1	2	5	N/A	7	2-3MIN					PRESS UP AND BACK OVERHEAD, SLIGHT PAUSE ON THE CHEST ON EACH REP

REST DAY

WEEK 10B	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
DEADLIFT TEST:	DEADLIFT	5	1	AMRAP	90%	9.5-10	4-6MIN					AS MANY REPS AS POSSIBLE. ALWAYS USE A SPOTTER AND GOOD FORM. AIM TO HIT 3-5 REPS
	CHEST-SUPPORTED ROW	1	3	10-12	N/A	7	1-2MIN					CAN USE MACHINE OR BRACE AGAINST BENCH. MINIMIZE CHEATING.
	DUMBBELL SKULL CRUSHER	1	2	12-15	N/A	7	1-2MIN					ARC THE DUMBBELLS BEHIND YOUR HEAD. CONSTANT TENSION ON TRICEPS

REST DAY